

ABSTRACT OF THE DISCLOSURE

The adjustable height workhorse is a height adjustable workspace for allowing a worker to easily hang sheet rock on walls at elevated heights. The workhorse provides a platform supported by a frame having a plurality of vertical posts and a plurality of horizontal height adjustment bars. The frame is positioned on a base board. A plurality of wheels is disposed underneath of the base board. The wheels allow the workhorse to be repositioned while the worker is on the platform. The height adjustment bars are mounted on either side of the frame. The bars are positioned at varying heights so that the worker may adjust the height of the platform. The platform is disposed across the frame and is supported by the height adjusting bars. The platform is of suitable size to support a worker and the worker's sheet rock material while providing enough room for the worker to operate.